

“For better health, give your family one extra portion of vegetables a day”

Cauliflower Tostadas with Pico de Gallo

Ingredients:

1 cauliflower head chopped
3 chopped cucumbers
4-5 chopped tomatoes
1 cilantro bunch chopped
2 cups of lemon juice
1 cup of chopped onion
salt to taste

Mix all ingredients in a large bowl. Serve over tostadas. Add hot sauce to your liking.



What is a portion?

- **1/2 cup of fresh, frozen or canned vegetables**
- **1 cup of leafy greens**
- **¾ (6 oz.) 100% vegetable juice**
- **1 medium size vegetable**

Recipe recommended by: Leticia Salazar-Allen

Developed by the County of San Bernardino Department of Public Health Nutrition Program. If you would like to receive information on nutrition and gardening classes and/or other recipes, please call (909) 387-9193

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